

LAMORINDA WEEKLY



Wednesday, February 20, 2008 ■ Volume 01; Issue 27 ■ www.lamorindaweekly.com

2nd Annual Treeline Triathlon

By Lee Borrowman

The Moraga Treeline Triathlon swims, rides and runs its way back to Lamorinda on Saturday, April 26th. Triathletes from across the Bay Area will be joined by local enthusiasts in a 400-meter swim, 14-mile cycle and 5K run.

The event takes place at Campolindo High School and on surrounding surface streets. The impressive Soda Aquatic Center will host the swim portion. The race begins when the first swimmer enters the pool at 7:00 a.m. Damp participants will then head out for a scenic, fast-paced, two-wheeled cruise through Canyon and back, with a brief detour up and down Camino Pablo, taking care as they cross over that street's infamous speed tables. Racers finish with a run through the rolling hills of the Campo neighborhood and a victory lap around the high school's track as friends and family cheer. Moraga Parks and Recreation Director Jay Ingram expects the early finishers to cross the line by about 8:15.

The Treeline Triathlon is a 'sprint distance,' or 'baby tri,' which makes it accessible to everyone, according to returning Race Director Carl Martin who encourages Lamorindans to get out there and give it a try: "I'm a firm believer that you can do anything you set your mind to... completing a triathlon gives you a great sense of accomplishment."

If your legs/knees/shoulders are not up for all three segments of the event, you can gather some friends together and enter as a relay team: One can swim, another bike, and a third run. Or perhaps you like to swim and cycle but running's not your thing? Your neighbor just might be delighted to join in the fun without the necessity of getting wet or running the risk of having to change a flat tire.

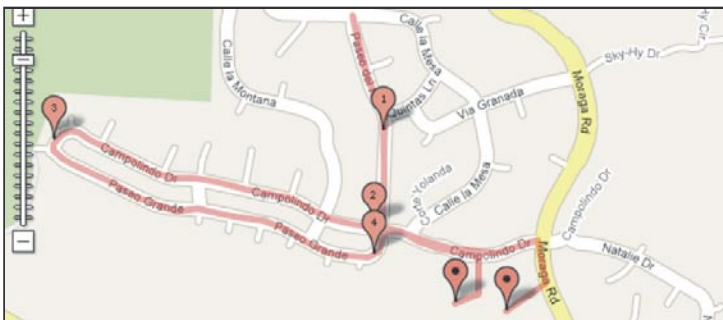
"There are many people that have a bad knee or bad ankle that can't do the run, but that would like to be part of the event. The relay offers just that. In fact, it's a great opportunity for families to train together," says Martin.

Being faster than your peers comes complete with bragging rights – just ask the Lafayette City Council relay team that did its city proud last year!

In 2007 the Treeline Triathlon raised \$2000 each for the Hacienda Foundation and the Soda Aquatic Center Scoreboard Fund, and \$3000 for the Community Emergency Response Training (CERT) program, whose volunteers helped monitor the cycling course last year and will perform the same service this year. Most of the proceeds from the 2008 event will be used to support the programs and facilities of the Moraga Parks and Rec Department, with \$3000 again going to the CERT program.

Registration opened January 1 and continues through the day of the event, although the entry fee goes up on April 1st and again for those who wait until race day to enter. Right now the cost is \$70/adult, \$40/student (12-18), and \$120 for a relay team. The race is open to anyone age 12 and up, and there will be male and female winners awarded in each age group: 12-18, 19-29, 30-39, 40-49, 50-59, 60+ and the top three in the relay division. For more information, go to <http://www.moragatri.com/>.

The Moraga Treeline Triathlon is sponsored by Village Associates, the Moraga Parks and Recreation Foundation, Silicon Connections, Forward Motion Sports, Sharp Bicycles, Kiwanis International and your friendly neighborhood newspaper.



Body Markers (and other volunteers) Needed

The task of marking the bodies of triathletes as they prepare to compete is but one of the many volunteer jobs available at the Treeline Triathlon. The Moraga Parks and Recreation Department is also looking for volunteers to help out at the check-in area, pool, along the 5K run route, in the transition zones and at the finish line. Pre-event set-up help is needed as well. Parks and Rec Director Jay Ingram says there are several opportunities for service organizations and Boy Scout/Girl Scout Troops, so if you're looking for a community service project this spring the Treeline Triathlon may be just the ticket. Event proceeds will go to benefit the Community Emergency Response Training program, and Parks and Rec programs and facilities.

Moraga Parks and Rec has scheduled two volunteer orientation sessions, one on a weeknight and one on a weekend to accommodate different schedules: Wednesday, April 2nd at 6:00 p.m. and Saturday, April 5th at 2:00 p.m.

For more information call Moraga Parks and Rec, 888-7045.

